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MERRY CHRISTMAS

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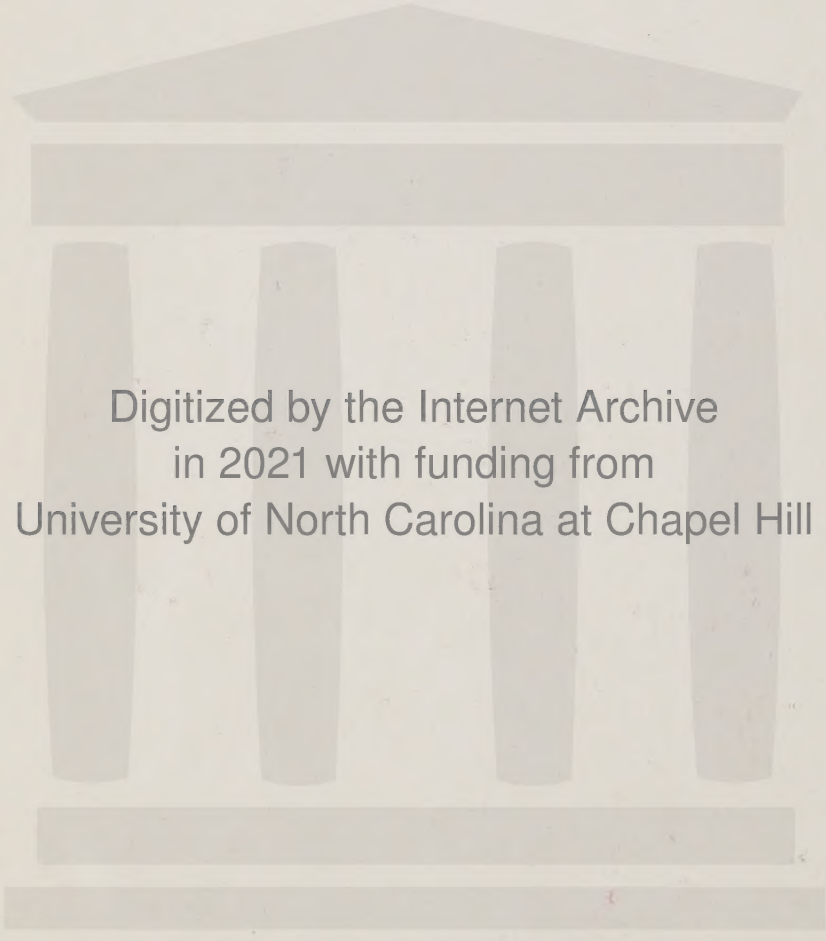
Merry Christmas

DUKE POWER COMPANY

HOME SERVICE



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MAIN DISHES

TURKEY HASH SUPREME

1 cup cut-up, cooked turkey
1/4 cup chopped onion
2 tablespoons butter or margarine
1 cup thin white sauce or 1 can cream mushroom soup
1 cup cooked, chopped potatoes
1 tablespoon pickle relish
1/2 cup cooked peas
1/4 cup grated, sharp cheese
Paprika

Cook onions in butter until transparent but not brown. Add turkey, soup, peas, potatoes and pickle relish. Heat slowly. Turn into 1-quart casserole, cover with cheese, add paprika.

Bake in moderate oven (350°) for 30 minutes. Makes 3 servings.

VARIATION: This hash is very good baked in 3 green pepper cups. Cut the stem end off large green sweet pepper, clean out white part and seeds. Rinse in cold water. Cover with water and boil 5 minutes. Drain. Fill with mixture and bake at 350° for 30 minutes.

TURKEY TETRAZZINI

1 lb. spaghetti
1 1/2 cups diced celery
1 cup diced green pepper
1/4 cup onion
1/2 lb. mushrooms, canned or fresh
3/4 cup butter or margarine
1/4 cup flour
2 cups milk
1/2 lb. sharp cheese
2 teaspoons salt
1/4 teaspoon pepper
2 tablespoons Worcestershire sauce
1 1/2 cups diced, cooked turkey
3/4 cup Parmesan cheese

Cook spaghetti according to directions on package. Prepare Sauce: Cook celery, green pepper, onion and mushrooms in the butter until onion is just transparent. Add flour and blend well. Add milk all at once, cook, stirring constantly until uniformly thickened. Blend in cheese, salt, pepper, Worcestershire, turkey. Stir until cheese is melted. Heat to serving temperature, avoid overheating sauce. Serve over the hot spaghetti. Sprinkle Parmesan cheese on top. If desired, place in 13″ x 9″ x 2″ pan and put in 350° oven for 15-20 min. Makes five cups sauce. Twenty-one to twenty-four servings.

CHEESEBERRY TURKEY LOAF . . . make them ahead and store in refrigerator.

20 slices bread (1 loaf)
Softened butter
Chicken Salad (2 cups, well seasoned)
2 cups cranberry sauce
Cream cheese (about 1 lb.)

Trim bread crusts. Butter the first slice of bread. Spread with a generous layer of cranberry sauce. (Butter prevents cranberry sauce from soaking into bread.) Top with second slice of bread buttered on both sides. Cover with a layer of Chicken salad. Top with third slice

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of bread, buttered on both sides. Spread with cranberry sauce. Cover with fourth slice of bread, buttered side down. With a sharp knife, cut each stack in half. Cover sides and top with cream cheese moistened with milk to spreading consistency. (Tint the cheese green, if you like.) Garnish with cranberry cutouts. Makes 10 individual cranberry chicken sandwich loaves.

IMPORTANT—ROAST TURKEY AT LOW TEMPERATURE (350°)

CHICKEN MOUSSE

1 large chicken (4 to 5 lbs.)
2 carrots
3 stalks celery
1 pod red pepper
Salt & pepper

Simmer chicken and vegetables in 3 cups of water in covered container until tender. Let stand over night. Chop up meat of chicken. Soften 2 envelopes of unflavored gelatin in 1 cup of cold broth from which grease has been removed, then dissolve in 2 cups of boiling broth. Chill until begins to jell. Then add: Chopped chicken, 2 cups chopped celery, 1 1/2 cups almonds, 1 cup India Relish and 1 cup mayonnaise.

Pour into mold and chill until firm. Garnish with hard-cooked eggs.

DRESSINGS

A good dressing has a pleasing texture—moist or crumbly. It is well-seasoned with no one flavoring predominating. Lightness is important. The dressing should be spooned into the cavity—not packed. Extra dressing can be baked in a separate pan, basting it with the pan drippings or broth from the giblets.

FAVORITE BREAD DRESSING WITH VARIATIONS

1 cup fat
1 cup minced onion
1 qt. diced celery
4 qts. small bread cubes, firmly packed (2 to 4 day-old bread, 1 1/2 lb. loaf)
1 tablespoon salt
1/2 teaspoon pepper
2 teaspoons poultry seasoning
1 1/2 to 2 cups broth, milk or water

Cook onion and celery in fat over low heat until onion is soft but not brown, stirring occasionally. Meanwhile blend seasonings with bread crumbs. Add the onion, celery and fat. Blend. Pour the broth gradually over surface, stirring lightly. Add more seasoning as desired. Stuffing for 14-18 lb. turkey.

Variations

APPLE DRESSING

Add 2 cups chopped apples to the Prune or Sausage Dressing.

BISCUIT DRESSING

Use 4 quarts of crumbled day-old biscuits instead of bread.

CHESTNUT DRESSING

Add 2 cups boiled chestnuts to dressing before adding liquid. To prepare chestnuts: place 1 lb. raw chestnuts (in shells) in cold water to cover. Bring to boil, reduce heat and simmer for 15 min. Drain. Peel and skin. Chop coarsely.

CORNBREAD DRESSING

Reduce bread to 2 qts. Add 2 qts. crumbled cornbread or corn muffins.

EGG DRESSING

Add 3 or 4 well-beaten eggs to bread mixture.

GIBLET DRESSING

Brown chopped, cooked turkey giblets in fat before adding onion and celery.

OYSTER DRESSING

Cook one to two pints oysters in oyster liquid until edges curl. Add to bread with seasonings. Include oyster liquor as part or all of the liquid in dressing. Chop oysters if they are large.

PRUNE DRESSING

Remove pits from 1/2 to 1 lb. dried prunes which have been cooked or soaked. Cut prunes into 3 or 4 pieces. Add to bread with seasonings. Include prune juice as part or all of the liquid.

PARSLEY DRESSING

Add 1/2 cup finely chopped parsley to bread with seasoning.

SAUSAGE DRESSING

Omit fat. Reduce poultry seasoning to 1 teaspoon. Cook 1 lb. sausage meat slowly until browned—breaking it into small pieces with a fork as it cooks. Add onion and celery and continue cooking until onion is transparent. Proceed as above. Use the sausage fat in the dressing.

OLD NEW ENGLAND TURKEY DRESSING

9 cups soft bread crumbs
3 cups ham
2 tablespoons grated lemon rind
3 teaspoons salt
2 tablespoons dry mustard
1/2 teaspoon pepper
1/2 teaspoon marjoram
1 teaspoon nutmeg
1/2 cup butter or margarine
6 egg yolks

Crumble bread into small bits in large bowl, put ham through medium blade of food grinder and add crumbs. Add all seasoning to bread-ham mixture and toss lightly with your hands. Now melt butter or margarine and sprinkle over seasoned crumbs. Beat egg yolks slightly and add to dressing. Mix until all crumbs are well coated. Fills 18-22 lb. bird.

VEGETABLES

ASPARAGUS DELIGHT

2 small cans asparagus
1 box cheese wafers
1 can cream of mushroom soup
4 tablespoons cream or 4 tablespoons liquid of asparagus
Almonds

Alternate layers of asparagus, cheese wafers and mushroom soup thinned with the cream. Sprinkle chopped almonds over the top and place in 350° oven for 20-25 min., or until nuts are browned.

For an extra Christmas look, decorate with a poinsetta made from pimento.

GOLDEN VEGETABLE BAKE . . . cream style corn and shredded carrots combine to make a delicious casserole.

2 tablespoons butter
2 tablespoons flour
2 tablespoons chopped onion
1 cup scalded milk
1 teaspoon salt
1/8 teaspoon pepper
3/4 teaspoon paprika
2 beaten eggs
1 1/2 cups shredded carrots
1 can cream style corn
1/3 cup chopped green pepper

Melt butter, add flour, blend. Gradually add milk; cook over low heat until thick, stirring constantly. Add seasonings. Stir a little hot sauce into eggs. Add egg mixture to sauce. Stir in vegetables. Pour into greased 1 1/2 quart casserole. Bake in moderate oven (350°) 55 to 60 min.

RAISIN-FILLED APPLES

Wash and core 6 large baking apples. Place in baking dish. Fill center of each apple with 1 to 2 tablespoons brown or granulated sugar, seedless raisins, and 1/2 teaspoon butter. Sprinkle center with cinnamon. Pour 1 cup water around apples. Bake in moderate oven (350°) for 1 hour.

PINEAPPLE SWEET POTATO CASSEROLE

2 1/2 cups whole, cooked, sweet potatoes
3 tablespoons butter or margarine
1/2 teaspoon salt
1/4 cup orange juice
1 9 oz. can crushed pineapple, drained
4 marshmallows, cut in half

Mash potatoes, add butter, salt and orange juice, beat until light and fluffy. Add crushed pineapple, pour into greased 1 quart casserole, dot with butter. Bake in moderate oven (350°) for about 45 minutes. During last 10 or 15 minutes top with marshmallows, walnut halves and pineapple chunks, if desired. Bake until marshmallows melt. 6 servings.

SALADS, SANDWICHES, BREADS

FROZEN CRANBERRY SALAD

1 16-oz. can jellied cranberry sauce
3 tablespoons lemon juice, fresh, frozen or canned
1 cup heavy cream, whipped
1/4 cup mayonnaise
1/4 cup confectioners' sugar
1 cup chopped California walnuts

Crush cranberry sauce with fork. Add lemon juice. Pour into paper cups or refrigerator tray. Combine remaining ingredients and spread over cranberry mixture; freeze firm. Unmold on crisp lettuce. Pass salted nuts.

CONGEALED FRUIT DELIGHT

1 pint sour cream
1 #2 can fruit cocktail
1/2 cup sugar
12 maraschino cherries cut in half
1 large banana (over it pour 1 tablespoon lemon juice)
9 marshmallows (cut very fine)
1 1/2 teaspoon gelatin

Soak gelatine in 2 tablespoons water. Place in warm water to melt gelatin. Drain fruit juice from fruit. To the fruit add sour cream, sugar, cherries, banana, lemon juice, marshmallows and melted gelatin. Color as desired. Freeze in any type molds desired.

BING A LING SALAD

Juice of one lemon
2 packages cherry jello
1 cup nuts
1 large can Bing cherries
2 cups grape juice
1 carton cottage cheese

Heat juice from cherries and add to jello. Cool. Add grape juice. When this begins to thicken add cherries, nuts and cottage cheese.

DATE MINT SANDWICH

2 cups creamed cottage cheese
1/2 cup chopped nuts
1/2 cup chopped dates
Butter
Mint jelly

Mix cottage cheese, dates, and nuts together. Add enough butter to blend mixture. Spread on one slice of bread. Spread mint jelly, which has been heated slowly over low heat, on top of sandwich. Put in refrigerator to congeal. After jelly has congealed, cut with shamrock or other special cutter.

BANANA TEA BREAD

Combine 1 stick margarine with 1 cup sugar. Add 2 eggs unbeaten, 3 ripe bananas, mashed, and 1 cup all-purpose flour. Add 1 teaspoon soda. Mix in order given. Bake in deep pie pan or cobbler pan at 375° for 25 minutes, or until brown and springy to the touch. Serve in wedges, hot or cold, with or without cream.

JEWELLED HOLIDAY TREE

1 cup milk, scalded
1/2 cup shortening
1/4 cup sugar
1 teaspoon salt
3 1/2 cups all-purpose flour
2 eggs well beaten
1 cake compressed yeast or
1 package active dry yeast
1/4 cup lukewarm water
6 to 8 red or green candied cherries for garnish

Combine milk, shortening, sugar, and salt. Add 2 cups flour: beat until smooth. Add eggs. Add yeast, softened in lukewarm water. Mix thoroughly. Add remaining flour and knead. Cover and let rise in a warm place until double in bulk. Punch down. Shape teaspoonfuls of batter into balls and place balls 1/4 inch apart on a greased baking sheet in the shape of a triangle 8" tall with a 6-in. base. Start at top with 1 ball, second row 2 balls, next 3 and 4. Make a row of five and last a row of six. Use 2 balls to shape trunk of tree. Let rise until double in bulk. Bake in 375° oven for 15 to 18 minutes. Any yeast bread recipe can be used. Decorate: when slightly cool, drizzle with confectioners' sugar glaze. Garnish with candied cherry pieces or spread with red jelly, top with coconut. Yield: 3 holiday trees.

APPLE SAUCE BREAD

1/3 cup shortening
1 cup sugar
1 egg
2 cups sifted flour
1/2 teaspoon salt
1 cup nuts, chopped
or 1 cup fruit mixture
1 teaspoon soda
1 teaspoon cinnamon
1/2 teaspoon allspice
1 cup raisins
1 cup thick apple sauce

Cream shortening, add sugar and cream together well. Beat egg into mixture. Sift together twice flour, salt, soda, cinnamon and allspice. Dredge raisins with 1/4 cup flour and add to cream mixture. Add remaining dry ingredients and apple sauce alternately, mixing well after each addition. Bake in well greased pan in a moderate oven, 350°, about an hour. If muffin tins are used for cup cakes, fill 3/4 full and bake at 375° about 25 minutes.

STUFFED PICNIC ROLLS

2 tablespoons fat
1 lb. hamburger
1 onion, chopped
1/3 cup catsup
1 teaspoon mustard
1 tablespoon Worcestershire sauce
1 cup shredded cheese

Combine meat, fat and onion and cook in frying pan until meat looses its red color. Add salt, catsup, Worchestershire sauce and cheese. Cook slowly ten minutes. Split buns and hollow out the inside. Spread surface with mustard. Fill each bun with mixture (easier to fill if mixture is chilled.) Wrap in aluminum foil. Store in vapor-moisture resistant wrap and freeze. At serving time, heat and serve rolls wrapped in foil . . . Heat over an open grate or in oven.

BROILED HAM TIDBITS

7 slices fresh or frozen bread
Prepared mustard
1 3-ounce can deviled ham
Pimiento strips, thinly sliced 3/4-inch long

Remove crusts from bread slices, and thinly spread each slice with mustard. Spread deviled ham on bread over mustard. Cut each slice into 3 strips; these may again be cut in half if desired. Garnish with pimiento strips. Remove from freezer, place bread strips on baking sheet with 4-5 inches from top of food to broiler unit. Broil until lightly browned. Serve at once.

CHEESE WAFERS

2 cups grated cheese
1/2 stick butter
1 cup flour
1 teaspoon salt
1/4 teaspoon red pepper
3/4 cup pecans, finely chopped

Sift flour with salt and red pepper, mix with nuts and cheese. Cream butter and add to above mixture. Shape into two rolls and place in refrigerator or freezer to chill. Slice thin, place on cookie sheet and bake at 375° for 8 to 10 minutes.

OATEN BREAD

1 cup rolled oats
2 cups sifted all-purpose flour
3 1/2 teaspoons baking powder
1/2 cup sugar
1/2 teaspoon soda
1 teaspoon salt
1 1/4 cup buttermilk or sour milk
2 tablespoons slightly cooled melted fat
1 cup diced, drained, cooked prunes
1/2 cup chopped nuts

Sift together flour, sugar, baking powder, soda, and salt. Add to rolled oats and mix thoroughly. Combine milk with slightly cooled fat. Add to the flour mixture with prunes and nuts stirring just enough to moisten dry ingredients. Bake in cold greased loaf pan for 1 hour at 350° until done. Ideal for sandwiches with butter or cream cheese for afternoon snacks or parties. Makes delicious toast for breakfast. Freezes well.

ORANGE NUT BREAD

2 cups all-purpose flour
2 tablespoons lemon juice
1 teaspoon grated orange rind
1/4 teaspoon lemon rind
3/4 cup coarsely cut pecans
1 teaspoon baking soda
3/4 teaspoon salt
1/2 cup sugar
1 egg
1/4 cup shortening
3/4 cup strained orange juice

Sift, then measure flour. Sift again with soda, salt and sugar. Combine well-beaten egg, orange juice, lemon juice, grated rind and melted shortening. Add the dry ingredients stirring only until well mixed. Add cut nut meats. Turn into small bread tin, lined with waxed paper which has been greased. Cover and let stand 20 minutes. Bake in moderate oven, 350°, for 1 hour.

DRESSINGS AND SPREADS

FROZEN FRUIT SALAD DRESSING . . . never hardens in freezer

1 cup sugar
2/3 cup light corn syrup
1/2 cup mayonnaise
1/8 teaspoon salt
1/2 cup water
2 egg whites
1 tablespoon grated orange rind
1 teaspoon grated lemon rind

Combine sugar, corn syrup and water, cook to thread stage (240°). Slowly pour syrup over stiffly beaten egg whites, beating constantly while adding syrup. Cool. Fold in remaining ingredients. Freeze.

NIPPY NECTAR DRESSING

(A Tart Dressing that Blends so Well with Fruit Salads)

One 3 oz. package cream cheese
2 tablespoons honey
1 teaspoon grated lemon peel
2 tablespoons lemon juice
1/2 teaspoon salt
Dash cayenne
1/2 cup salad oil

Soften cheese. Blend in all ingredients except salad oil. Add salad oil, 1 tablespoon at a time, beating well after each addition. Chill. Makes 1 cup.

Note: This is so easy in the blender. In about a minute all ingredients are easily and beautifully blended. All ingredients can be added at once.

QUICK CREAMY SPREAD

3 tablespoons sour cream
1/2 medium onion, cut in pieces
1 hardcooked egg quartered
2 two-oz. cans anchovy fillets

Place all ingredients in blender. Cover and blend for 25 to 30 seconds or until smooth. Place in bowl, cover and chill. Spread on crisp crackers or melba toast. Makes about 1 cup.

BOILED SALAD DRESSING

1/2 teaspoon dry mustard
1 tablespoon sugar
1/2 teaspoon salt
2 tablespoons flour
1/4 teaspoon paprika
1/2 cup cold water
1 whole egg or 2 yolks
1/4 cup vinegar
2 tablespoons butter

Dissolve mustard, sugar, salt, flour, paprika in cold water. Beat egg in sauce pan, add vinegar. To this add first mixture and cook over low heat until thick and smooth. Add butter and stir. Chill. This may be thinned with cream.

Good in turkey or chicken salad, or used with vegetable or potato salad.

BEVERAGES

HOT MULLED PINEAPPLE PUNCH

1/2 cup sugar
1 cup water
1 teaspoon grated lemon rind
5 inches stick cinnamon
10 whole cloves
3 tablespoons lemon juice
one 46-oz. can unsweetened pineapple juice

Simmer sugar, water, lemon rind, spices, for 15 minutes. Strain. Add lemon and pineapple juices. Heat until piping hot. Serve hot with stick cinnamon for stirrers. Makes 10 servings.

CRANBERRY PUNCH

4 cups cranberry juice
1 1/2 cups sugar
4 cups pineapple juice
1 tablespoon almond extract
2 quarts ginger ale

Combine first four ingredients. Stir until sugar is dissolved; chill, add ginger ale just before serving. Serves 30.

GALA GARNISHES

PERKY FRESH MINT

Wash bunch of mint; shake it dry. Stand upright in container that is tall enough and wide enough to allow mint to spread a bit. Cover and refrigerate overnight or until mint is perky.

FROSTY RIMS

For a frost on rims of your tall glasses, dip edge of each glass lightly first into lemon juice, then into granulated sugar; chill a while.

GARNISHED ICE CUBES

Pour water into freezing tray till about two thirds full; then let cubes freeze. Now place any one, or combination, of the following on top of cubes; then pour on just enough water to cover. Finish freezing; then remove ice cubes.

Orange, lemon, or lime slices, cut into small wedges
Red or green maraschino cherries, halved or sliced
Canned pineapple tidbits
Fresh mint sprigs
Fresh raspberries or blueberries
Fresh unhulled strawberries, halved
Purple grapes, halved; or whole green grapes
Dried apricot halves
Fresh sweet cherries
Fresh cranberries

PUNCH ICE FLOAT

Pour water into large loaf pan (not glass) till about half-full; freeze. Arrange washed unhulled strawberries on top of ice. Cover well with water. Finish freezing. (It's best to have a pan especially for this purpose, as it may be forced out of shape when water freezes.)

FLAVORED ICE CUBES

Into small freezing tray, empty thawed contents of 1 can frozen lemonade, limeade, orange, tangerine, or grape-juice concentrate. Set ice-cube section in place; slowly fill with water. Freeze.

PUNCH BOWLS

Gay bowl substitutes do just as well. No punch bowl at hand with which to serve the gang? Never mind. Just bring out one or two of your big wooden salad bowls or gay kitchen mixing bowl, a soup ladle, paper cups, and tiny paper doilies—and let these pinch-hit for more elaborate appointments.

TINTED CUBES

Substitute water, delicately tinted with green or red maraschino cherry juice; grenadine, or food color for concentrate and water.

FLOAT ONE OF THESE ON TOP

Twists of lemon or lime peel
Orange, lemon, or lime wedges
Blobs of whipped cream, sprinkled with cinnamon; nutmeg; chocolate shavings; shredded coconut; or grated orange, lemon, or lime rind
Scoops of ice cream
Lemon or orange slices, stuck with cloves
Notched lemon or lime slices; or halved orange slices
Twisted orange, lemon, or lime slices

ADDED EXTRAS

Fruit kabobs: plum grapes, sweet cherries, or pineapple chunks and mint leaves, strung on stirrers. Or strawberries, raspberries, blueberries, or maraschino cherries and lemon or lime slices, strung on toothpicks
Cinnamon sticks, as stirrers
Twists of cucumber peel
Cubes, slices, or whole block of frozen strawberries, raspberries, or peaches, to float in glasses or punch bowl
Tiny pitcherful of lemon or lime juice, to flavor iced tea

HANG ONE OF THESE OVER EDGE OF GLASSES

Tiny bunches of grapes
Unhulled large strawberries
Unpeeled banana slices
Long twists of orange peel

CAKES

JIFFY FROSTED ANGELS

One 10" x 4" x 2" loaf angel cake
3 tablespoons butter or margarine
1/3 cup milk
1 lb. confectioners' sugar, sifted (3 1/2 cups)
1 teaspoon vanilla
two 3 1/2 oz. cans flaked coconut toasted, or 2 cups finely chopped walnuts

Cut angel cake in ten one-inch slices, cut each slice lengthwise in thirds to make bars. Heat butter and milk. Stir into confectioners' sugar. Add vanilla (if necessary add a bit more milk to make icing proper consistency for brushing onto cake.) Brush cake bars with icing (use pastry brush) and roll in coconut. Place on rack to dry. Note: Silver shot is an attractive addition to "angels" at Christmas. Makes 30.

CHRISTMAS CAKE

3/4 cup milk
1 1/2 oranges, grated
1 1/2 packages dates chopped (6 1/2 oz. size)
1 1/2 cans black walnuts, chopped
1 1/2 stick butter
3 cups sugar
3 cups flour
3 eggs
3/4 pint whipping cream

Cream butter and sugar, add eggs, add 2 1/2 cups flour alternately with milk. Fold in dates, nuts and oranges with additional 1/2 cup flour. Bake in greased oblong pan 8" x 12" x 2" (350°) 1 hour and 20 minutes. Serve topped with whipping cream.

CHEERY CHERRY CAKE

2 1/2 cups sifted cake flour
1 1/2 cup sugar
3 1/2 teaspoons baking powder
1 teaspoon salt
1 stick butter or margarine
3/4 cup milk
1/4 cup cherry juice
1 teaspoon vanilla
2 teaspoons almond extract
4 egg whites
18 maraschino cherries, drained well, chopped fine
1/2 cup walnuts, chopped fine

Sift flour, sugar, baking powder, salt into mixing bowl. Add shortening. Combine milk and cherry juice. Add 3/4 cup of this liquid to the dry ingredients. Add flavoring extracts. Beat 200 strokes or 2 minutes in electric mixer. Add remaining liquid and egg whites and beat same amount again. Add cherries and nuts and blend. Bake in two 9-inch pans which have been greased and floured at 375°, 20-25 minutes. Ice if desired.

HONEY CRISP BRUNCH CAKE

1 recipe Quick Coffee Cake batter
3 tablespoons butter or margarine
1/3 cup honey
1/4 cup shredded coconut
1/2 cup crushed corn flakes
1/2 cup drained, crushed pineapple

Cream together butter or margarine and honey until light and fluffy. Add coconut, crushed corn flakes and pineapple and mix thoroughly. Spread over quick coffee cake before baking.

QUICK COFFEE CAKE

1 1/2 cups sifted enriched flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
1 egg, beaten very slightly
1/2 cup milk
3 tablespoons melted shortening

Sift together flour, baking powder, salt and sugar. Combine egg, milk and shortening. Add to flour mixture, stirring until mixture is smooth. Pour into greased pan (8″ square or 9″ round). Bake in moderately hot oven (400° F) 25 minutes. Makes 1 coffee cake. Reheat, after freezing, in 350° oven for 45 minutes.

DATE CAKE

First Part:
1 package scalded dates cut fine
1 package raisins cut in half
1 cup chopped black walnuts
1 cup hot water
1 teaspoon soda

Second Part:
1 cup water
1 cup sugar
3/4 cup butter
3 cups flour
1 teaspoon vanilla
1 teaspoon baking powder
1 egg

Place fruit in bowl. Pour water with soda over fruit. Let stand while mixing part 2. Mix. Add fruit mixture. Bake in three cake pans.

Filling For Date Cake:

1 lb. powdered sugar
3 tablespoons butter
2 tablespoons cocoa

Cream sugar and butter. Add cocoa. Mix with enough warm coffee to spread easily. Put between layers and on top.

PRALINE BROILED ICING

Combine well 1/3 cup melted butter, margarine or shortening; 1/2 cup brown sugar, packed; 1/4 cup milk; dash salt; 1/2 teaspoon vanilla extract; cup snipped shredded coconut; 1/2 cup chopped nuts. Spread over top of hot 9x9x2 plain cake. Broil slowly until golden (about 5 minutes). Watch carefully.

HAYWOOD COUNTY PRUNE CAKE

1 1/2 cups granulated sugar
1 cup vegetable oil
3 eggs
1 teaspoon vanilla
2 cups sifted flour
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon allspice
1/4 teaspoon salt
1 cup buttermilk
1 cup chopped nuts
1 cup cooked, pitted, chopped prunes

Blend sugar and oil. Add eggs, one at a time, and mix well. Add vanilla. Sift flour with soda, spices and salt. Add to egg mixture alternately with buttermilk, blending well after each addition. Add nuts and prunes . . . Pour into a greased pan—it just fits into one 11 x 8 inches and 2 inches deep. Bake at 325° for 1 hour or until it tests done.

BUTTERMILK ICING

1 cup granulated sugar
1/2 cup buttermilk
1/2 teaspoon soda
1 tablespoon light corn syrup
1/4 cup butter
1/2 teaspoon vanilla

Mix all ingredients together in a deep pan—otherwise it will boil over. Stir over low heat until sugar is dissolved. Continue cooking, without stirring, to the soft ball stage . . . Pour mixture over hot cake without beating. Spread evenly. Leave the cake in the pan until ready to cut into blocks for serving. Because it is a tender cake, it will break otherwise.

CARROT CAKE

3/4 cup salad oil
2 cups sugar
3 cups very finely grated carrots
3 cups plain flour
4 whole eggs
2 teaspoons baking powder
1 teaspoon soda
2 teaspoons cinnamon
1 teaspoon salt
1 cup nut meats (walnuts or pecans)

Into large bowl put oil and 1 cup sugar. Beat and add eggs one at a time. Beat after each egg. Sift flour and dry ingredients. Add slowly to oil and sugar and egg mixture. Blend well. Add carrots, fold in nuts, bake in 350° oven for 1 hour and 10 minutes in tube cake pan.

Orange Icing:

Combine:
6 tablespoons melted butter or margarine
1 teaspoon orange rind, grated
6 to 8 teaspoons orange juice
1 box confectioners' sugar
Dash of salt

TUTTI FRUTTI ANGEL CAKE

12 individual angel food cakes
1/2 pint whipping cream
1/2 cup chopped walnuts
1/2 cup chopped maraschino cherries
1/2 teaspoon artificial rum flavoring
1/4 cup frozen orange juice concentrate
1/4 cup strained apricot and apples (baby food labeled apricot-applesauce is excellent)
1/2 cup sugar

When cakes are cold remove from pan and split crosswise. Whip cream, fold in walnuts, cherries and rum flavoring. Spread between halves of cake. Combine the undiluted orange juice concentrate, apricots and applesauce with the sugar. Stir over low heat until sugar melts. Boil gently for 5 minutes. Brush glaze over top of cake, letting it run over sides. Top with more whipped cream mixture. Serves 12.

COOKIES

LEMON ANGEL HALOS

Sift together:
2 cups flour
1 teaspoon salt
1 teaspoon soda
Add:
1 teaspoon vanilla
1 egg, beat well

Cream together:
2/3 cup shortening
1 cup firmly packed brown sugar

Blend in dry ingredients gradually. Mix thoroughly. Chill while making meringue and filling. MERINGUE: Beat 3 egg whites until foamy. Add 3 cups sugar gradually, beating thoroughly after each addition until meringue stands in heavy peaks when beater is up. Blend in 2 teaspoons lemon juice. Continue beating until meringue again forms sharp peaks. Shape chilled dough into balls using 1 level teaspoon of dough for each ball. Place 1 rounded teaspoon of meringue on each cookie. Hollow center with teaspoon. Bake at 300°, 10 to 12 minutes, until cream colored. When cool, fill each meringue "nest" with 1/4 teaspoon lemon filling. LEMON FILLING: Combine 3 slightly beaten egg yolks, 1 cup sugar, 1/4 cup lemon juice and 1 teaspoon grated lemon rind in saucepan. Heat to boiling, stirring constantly. Remove from heat, add 3 tablespoons butter, cover and cool.

SPICED CHERRY BELLS . . . Bake at 350° 12-15 minutes. Makes 5 1/2 dozen.

Sift together:
3 cups flour
1/2 teaspoon soda
1/2 teaspoon salt
1 teaspoon ginger
1/2 teaspoon instant coffee

Set aside. Add: 1 1/4 cups firmly packed brown sugar gradually to 1 cup shortening creaming well. Blend in 1/4 cup dark corn syrup, 1 unbeaten egg and 1 tablespoon cream. Beat well. Add dry ingredients, mix thoroughly. Roll out dough on floured surface to 1/8 inch thickness, cut into 2 1/2 inch rounds, or smaller, place on ungreased baking sheets. Place a half teaspoon of filling in center of each round. Shape into bell by folding sides to meet over filling, making top of bell narrower than clapper end. Place a piece of maraschino cherry (cut into quarters or halves) at open end of each bell for clapper. Bake. NUT FILLING: Combine 1/3 cup firmly packed brown sugar, 1 tablespoon butter, and 3 tablespoons maraschino cherry juice. Mix well. Add 1 1/2 cups chopped pecans.

ROSETTE COOKIES

2 eggs
1 tablespoon sugar
1/4 teaspoon salt
1 cup sifted enriched flour
1 cup milk
1 teaspoon vanilla

Combine eggs, sugar, salt. Beat well. Add flour, milk and vanilla. Beat until smooth. Heat rosette iron in deep, hot fat (400°) 2 minutes. Drain off excess fat from iron; dip into batter to 1/4 inch from top of iron, then immediately into hot (400°) fat.

Fry rosette until golden brown, about 1/2 minute. Lift out; tip upside down to drain. Push rosette off iron onto absorbent paper. Reheat iron 1 minute before making next rosette.

Sprinkle rosettes with sugar, tinted with red or green food coloring, if desired. Makes about 2 1/2 to 3 dozen.

MINCEMEAT MUNCHES

1/4 cup fat
1/2 cup sugar
1 egg
1 cup mincemeat
1 teaspoon vanilla
1 1/4 cup flour
1/2 teaspoon baking powder
1/2 cup nuts
1/2 teaspoon each nutmeg, cinnamon, allspice

Cream butter and sugar together. Add egg, beating thoroughly. Add mincemeat and flour. Drop on a greased baking sheet and cook at 375°, 15-20 minutes or until brown.

COFFEE-SPICE DROPS

Mix together thoroughly:
1 cup soft shortening
2 cups brown sugar
2 eggs
Stir in:
1/2 cup cold coffee

Sift together and stir in:
3 1/2 cups sifted flour
1 teaspoon soda
1 teaspoon salt
1 teaspoon nutmeg
1 teaspoon cinnamon

Chill at least 1 hour. Drop rounded teaspoonfulls about 2" apart on lightly greased baking sheet. Bake until set . . . just until almost no imprint remains when touched lightly. Temperature 400° (moderately hot). Time: 8 to 10 minutes. Amount: about 6 doz.

ORANGE PECAN CRISPS

1 cup easy-mix shortening
1/2 cup brown sugar, firmly packed
1/2 cup granulated sugar
1 egg, beaten
2 tablespoons grated orange peel
2 tablespoons orange juice
2 3/4 cups sifted flour
1/4 teaspoon soda
1/4 teaspoon salt
1/2 cup chopped pecans

Cream shortening, add sugars and cream thoroughly; add egg, orange peel and juice. Add dry ingredients, sifted together, then pecans. (Pecans chopped in a mixer-blender do better.) Shape dough into rolls and wrap in foil paper or waxed paper. Chill for at least 2 hours. Slice about 1/8 inch thick. Bake on ungreased cookie sheet at 400° for seven minutes. Makes about 6 dozen cookies. This dough can be frozen.

FROSTIES

1 cup (6 oz.) semi-sweet chocolate pieces
5 cups Sugar Frosted Flakes (sugar coated corn flakes)
3 tablespoons light corn syrup
1 cup finely chopped nutmeats
1/3 cup cold coffee brew
3 cups sifted confectioners' sugar

Melt chocolate over hot but not boiling water. Remove from heat. Crush Sugar Frosted Flakes into fine crumbs. Combine chocolate, Sugar Frosted Flakes crumbs, corn syrup, nutmeats, coffee brew and sugar; knead well. Form into balls about 1 inch in diameter. Roll balls in granulated sugar; place in covered container. Let ripen overnight or for several days before serving.

SAUCEPAN BROWNIES

1/3 cup shortening
2 squares unsweetened chocolate
1/2 teaspoon vanilla
1 cup sugar
2 eggs
3/4 cup sifted flour
1/4 teaspoon salt
3/4 cup chopped nuts

Melt shortening and chocolate in saucepan over low heat, stirring constantly; cool. Beat in vanilla and sugar. Add eggs, one at a time, beating will after each addition. Sift flour and salt; add nuts. Combine with chocolate mixture and blend. Turn into greased, waxed-paper-lined 8 x 8 x 2 inch pan. Bake in moderate oven, 325°, for about 25 minutes. Turn out on cake rack; remove paper, cool and cut in squares.

SKILLET COOKIES

2 eggs
1 cup sugar
2 one-layer packages of pitted chopped dates, or one 2-layer package
Pinch salt
2 cups Rice Krispies
1 teaspoon vanilla
1/2 cup chopped nuts, if desired
Angel flake coconut

Mix eggs and sugar and salt in cold frying pan, add dates which have been chopped. Cook on low heat for 10 to 15 minutes, stirring a good part of the time. Remove from heat, add rice krispies, vanilla and nuts. Mix well and set aside to cool. Shape into roll about the size of your thumb and roll in angel flake coconut. Cut into pieces about an inch long.

PIES

ICE CREAM-MINCEMEAT PIE

1 1/2 cups graham cracker crumbs (18 crackers)
1/3 cup sugar
1/2 cup melted butter
1 cup mincemeat, well drained
1 quart vanilla ice cream

Mix graham-cracker crumbs, sugar, and melted butter. Press firmly in greased 9-inch metal-rimmed paper pie plate. Chill until set, about 45 minutes. Stir mincemeat into softened ice cream and place in freezer until almost firm. Fill pie shell with ice cream; top with whipped cream and chopped California walnuts.

PUMPKIN PIE

1 package instant vanilla pudding
1 cup cooked pumpkin
1/4 teaspoon allspice
1 cup cold milk
1 cup cooked rice (cook rice using 1 teaspoon almond or walnut flavoring in the liquid.)

Line a pie plate with your favorite crumb pie crust recipe. Add cold milk to vanilla pudding mix and mix. Add pumpkin, rice and allspice. Fill pie shell. Chill in refrigerator. Sweet potatoes may be used instead of pumpkin.

STRAWBERRY PARFAIT PIE

Flaky Crust: Sift together 1 cup enriched flour; 1/2 teaspoon salt. Cut in 1/3 cup shortening until particles are the size of small peas. Sprinkle 2 to 3 tablespoons cold milk over mixture, tossing lightly with fork until dough is moist enough to hold together. Form into ball. Roll out on floured board to an 11-inch circle. Fit pastry loosely into pan. Pat out air pockets. Fold edge to form standing rim. Flute. Pinch crust with fork. Bake in hot oven (425°) 10-12 minutes. Cool.

Filling: 1 package lemon jello, 1 pint strawberry ice cream, 1 1/4 cups hot water, 1 1/2 cups sliced fresh strawberries.

Dissolve jello in hot water in 2 quart saucepan. Add ice cream, stirring in until melted. Chill until thickened but not set (15-20 min.). Fold in drained strawberries. Turn into baked 9 inch pie shell. Chill until firm. (20-25 min.). Garnish with additional strawberries. Note: Be sure fruit is drained of all juice. Juice can be used as liquid for jello. Fresh or frozen pineapple cannot be successfully used.

DESSERTS

YULETIDE AMBROSIA

12 lady fingers
1/2 pint heavy cream
1/2 cup milk
1 package instant or cooked vanilla pudding
1/2 cup orange juice
1 small can well-drained crushed pineapple
1/2 cup shredded coconut
1/4 cup chopped nuts

Arrange lady fingers in the bottom of a buttered (1 1/2 quart) loaf baking dish. Whip cream. Put milk into medium-sized mixing bowl. Add pudding to milk and beat until smooth and thick, using a rotary beater. Gradually add orange juice and beat until smooth. Fold in whipped cream, pineapple, and coconut. Pour over lady fingers in baking dish. Top with remaining lady fingers; sprinkle with tinted green coconut; add red cherries. Freeze. Yield: 6 servings.

ANGEL CAKE SURPRISE

Combine 1 cup heavy cream, whipped, with 3 tablespoons sugar and 1/2 teaspoon vanilla. Fold in 1/4 cup quartered maraschino cherries, 1/4 cup quartered green cherries, 1/4 cup drained pineapple, 1/4 lb. marshmallows cut in 1/8's, and 1/2 cup chopped walnuts. Chill. Cut with serrated knife a 1-inch slice from the top of a 10-inch round angel cake. Cut out a ring 2 inches wide and 2 inches deep. Spoon in chilled filling. Replace slice from top. Frost top and sides with 1 1/2 pint whipped cream sweetened with 3 tablespoons sugar. Chill. Decorate with pineapple chunks and cherries.

RICE DELIGHT

2 cups cooked chilled rice
1 #2 can crushed pineapple, drain off 2/3 cup of the juice
1/3 cup sugar
1 1/2 cups quartered marshmallows
3/4 cup shredded coconut
1 cup cream whipped

Combine the pineapple, marshmallows and coconut. Stir in the rice; whip the cream adding the sugar to the cream. Fold the rice mixture into the whipped cream and chill. Garnish with tinted coconut sprinkled on top.

PECAN TARTS

Cream together one large package cream cheese and 1/4 lb. butter or margarine. Add 1 cup flour, mix well. Roll as thin as possible and place in greased small tart pan.

Filling: Cream together 1/4 lb. real butter and 1/2 cup sugar, add 2 egg yolks, mix well. Add 1 cup pecans cut fine and 1 cup raisins cut. Beat egg whites with 1/2 cup sugar and fold into mixture. Add 1 teaspoon of mixture to each tart. Bake 300° for 40 minutes. Sprinkle with powdered sugar.

CANDIES

CHOCOLATE YULE LOG

1/3 cup unseasoned mashed potatoes, cooled
1 3/4 cups sifted confectioners' sugar
2 2/3 cups shredded coconut
1/2 teaspoon vanilla
3 1-ounce squares semi-sweet chocolate, melted

Place mashed potatoes in bowl; mix in confectioners' sugar and coconut to form stiff mixture. Blend in vanilla.

Shape in roll, 2 inches across. Spread melted chocolate over roll. Chill. Slice thin. Makes about 3 dozen pieces.

PECAN ROLL

1 1/2 cups white sugar
1 cup chopped dates
1/2 cup milk

Cook till makes soft ball. When warm add 1/2 cup nuts and 2 tablespoons butter. Beat till cold. Knead on board covered with confectioners' sugar. Let stand and cut.

CHERRY RAISIN WHEELS

1 lb. marshmallows
1 box graham crackers
1 cup sweet milk
1 bottle maraschino cherries
1 lb. sticky raisins
2 cups nuts

Melt marshmallows and add finely crushed crackers. Add fruit and make into four rolls. Roll in finely crushed cracker crumbs.

SURPRISES

PIZZA BITES

Top crisp, tender crackers with flavorful cheese spread, dab of Chili sauce, and a slice of frankfurter. Bake in moderate oven 350° for 10 minutes until bubbly. Good with pickles and olives on cocktail picks

ICE CREAM WITH AMBROSIA SAUCE

Cook 1 cup crushed pineapple (8 oz. can) with 1/2 cup granulated sugar 7 minutes or until syrupy. Add 2 tablespoons chopped pecans and maraschino cherries. Cool sauce. Add 1 sliced banana. Refrigerate. To serve, spoon sauce over plain ice cream or ice cream-filled cream puffs.

BREADLESS HORS D'OEUVRES

Cut cooked turkey or chicken in strips about 2 inches long, 1/2 inch wide. Secure toothpick in each strip, dip one end in softened cream cheese and garden relish; or dip in mayonnaise mixed with a little catsup. Roll dipped end in chopped nuts.

Melon balls secured on toothpicks make excellent breadless hors d'oeuvres.

MINIATURE HOT DOGS

Split small pickles; stuff with mashed sharp cheese; spear to a stuffed olive with toothpick.

SPICED NUTS

2 cups nuts
1/2 cup sugar
1 egg white, unbeaten
1 teaspoon ground cloves
2 teaspoons cinnamon

Combine sugar and spices. Mix nuts and egg white until the nuts are well coated. Roll in spiced sugar and brown in 325° oven.

DUNKS

NUTTY FRUIT DUNK

1 cup creamy cottage cheese
8 oz. can applesauce
1/4 cup diced nuts

Combine cottage cheese, applesauce and nuts. Divide into four small bowls. Chill before serving as dunk for fruit salad. Serves 4.

HORSERADISH DIP

1 carton cream style cottage cheese
3 tablespoons milk
2 tablespoons horseradish
Dash of salt
1/2 teaspoon Worcestershire
2 sprigs parsley

Put all ingredients into blender. Cover and blend until smooth. This is particularly a nice dip to use with fruit and vegetables.

COTTAGE CHEESE VITAMIN DIP

1 green pepper
1/2 bunch water cress or parsley
1 cup (1/2 pt.) creamed cottage cheese
12 stuffed olives sliced
3 tablespoons light cream
1/2 teaspoon salt
1/8 teaspoon freshly ground pepper
Dash Tobasco Sauce

Wash, remove seeds and cut green pepper in pieces. Wash and dry parsley or water cress. Place in blender with all ingredients. Cover and blend. Chill. Makes 1 1/2 cups.

CHEESE BUTTER
(A Natural For The Blender)

1/4 lb. sharp yellow cheese
1/4 lb. Roquefort cheese
1/2 cup cottage cheese
1/2 cup buttermilk
1 tablespoon A-1 Sauce
1/2 teaspoon salt
Dash of Cayenne
1 tablespoon grated onion

Dice cheese. Place liquids, then solids into blender container. Cover and blend 2 1/2 minutes. Chill. Spread on toast rounds and place under broiler a few minutes for special treat. Serve cold on a sandwich or as a dip.

VARIETY FREEZER MEALS

HAM MEAL

HAM CONES

1 pound cooked ham, ground
1 tablespoon onion, grated
1 tablespoon parsley, chopped
1 tablespoon prepared mustard
2 tablespoons pineapple syrup
1 egg, slightly beaten
1/2 cup crushed cornflakes
6 pineapple slices

Mix first 6 ingredients together thoroughly. Shape into 6 cone-shaped patties. Roll cones in cornflakes and freeze. To prepare for serving, place the 6 frozen Ham Cones on the pineapple slices in a shallow baking dish. Yield: 6 Ham Cones.

HONEY-PECAN SWEET POTATOES

3 to 4 medium-sized sweet potatoes, cooked, peeled and sliced
1/2 cup light corn syrup
1/4 cup honey
Salt, pepper
1/4 cup butter or margarine
1/3 cup pecan halves

Arrange potatoes in a greased 1 1/2 quart casserole. Add remaining ingredients. Wrap in moisture-vapor-proof material or tape on cover and freeze. Yield: 6 servings.

PEAS AND CORN

1 (12-oz.) package frozen peas
1 (12-oz.) package frozen corn
1/2 teaspoon salt
1/2 teaspoon monosdium glutamate
2 tablespoons butter or margarine
1/3 cup water

Break vegetables apart and place vegetables in 2-quart casserole. Cut butter into small squares and scatter over top. Cover and seal. Yield: 6 servings.

FROZEN FRUIT SALAD

2 tablespoons maraschino cherry juice
1 tablespoon lemon juice
1/2 cup diced, canned apricots
1/2 cup diced pineapple
1/2 cup halved, seeded grapes
1/2 cup chopped maraschino cherries
1/4 cup sugar
1/2 cup heavy cream
1/4 cup mayonnaise

Add cherry and lemon juice to fruits and sugar. Whip cream until stiff. Mix in mayonnaise and fold into fruit mixture. Spoon into individual cartons and freeze. Yield: 6 servings.

CORN STICKS

1/3 cup flour
1/2 teaspoon salt
1 teaspoon baking powder
1/2 teaspoon soda
1 tablespoon sugar
1 1/3 cups corn meal
1 beaten egg
1 cup buttermilk
2 tablespoons melted shortening or salad oil

Sift flour, salt, baking powder, soda and sugar together into mixing bowl. Add sifted corn meal. Combine egg, buttermilk and shortening and add to dry ingredients. Mix well. Pour batter into well-greased corn stick pan. Bake 25 minutes in 400° F. oven. Wrap in aluminum foil for freezing. Yield: 12 Corn Sticks.

CRANBERRY CRUNCH

1 cup uncooked quick-cooking oatmeal
1/2 cup all-purpose flour
1 cup brown sugar, firmly packed
1/2 cup butter or margarine
1 (1-pound) can whole cranberry sauce

Note: Fresh cranberry sauce may be used instead of canned cranberry sauce.

Mix oatmeal, flour and brown sugar together. Cut in butter until mixture is crumbly. Pack 1/2 of mixture in bottom of 1 1/2 quart greased baking dish. Cover with cranberry sauce. Top with remaining crumb mixture. Wrap in moisture-vapor-proof material and freeze. Bake unthawed for oven meal.

After baking cut in squares and serve warm with vanilla ice cream or whipped cream. Yield: 6 to 8 servings.

Directions For Cooking

1. Unwrap or untape all casserole dishes.
2. Place Ham Cones and casserole containing mixed Peas and Corn on lower shelf, position A. Leave Corn Sticks in freezer foil, and place on this shelf.
3. Place casseroles containing Honey-Pecan Sweet Potatoes and Cranberry Crunch on top shelf, position C, reversible shelf up.
4. Bake in a 375° F oven 45 minutes.

SEAFOOD MEAL

SEAFOOD CROQUETTES

1 tablespoon lemon juice
1 lb. flaked salmon
1 cup medium cheese sauce
4 cups crushed corn flakes
1/2 teaspoon salt
1 beaten egg
1/2 cup chopped celery

Add lemon juice to salmon. Add remaining ingredients (making cheese sauce from medium white sauce to which 1/4 to 1/2 cup grated

cheese has been added). Reserve 1 cup crushed cornflakes for rolling croquettes. Mix well. Roll in crushed flakes. Place on heavy cardboard covered with wax paper, wrap for freezing.

STUFFED BAKED POTATOES

3 baking potatoes
1/4 cup grated cheese
2/3 tablespoon butter
salt, pepper to taste

Bake potatoes at 400° for one hour. Cut into half and remove potatoes. Add butter, salt and pepper and enough milk to make fluffy when beaten. Pile into shells and top with grated cheese. Wrap for freezing.

GREEN PEAS

2 packages frozen peas
1/4 cup water
2 teaspoons salt
4 tablespoons butter

Place all ingredients in 2-quart casserole and cover. Peas can be cooked in light cream or 1 cup bouillon in place of water.

CHICKEN MEAL

INDIVIDUAL CHICKEN LOAVES

Saute in 1 tablespoon butter . . .
1/4 lb. sliced mushrooms (4 oz. can)
Mix together and add . . .
1 1/2 cup soft bread crumbs
1 cup celery puree (made with blender)
1 cup chicken broth
2 eggs
1/2 teaspoon salt
1/4 teaspoon paprika
1/4 cup chopped or grated onion
1/4 cup finely chopped pimento
3 cups ground chicken

Pour into individual loaf pans, custard cups, or 9x5x3" loaf pan. Set pans in pan of water 1" deep. Bake 350° 60 minutes.

Note: These may be wrapped and frozen. To bake remove from freezer and bake as instructed above.

GREEN PEAS

Place 1 package frozen peas in covered casserole. Season with butter, onion salt and add 1/4 cup water. Cook with oven meal 350° 1 hour.

BAKED SWEET POTATOES

Bake sweet potatoes until tender but not well done. Wrap and freeze. In oven meal leave potatoes in individually wrapped foil. Bake without defrosting at 350° 1 hour. Split potatoes. Add butter and brown sugar. Serve hot.

BEEF MEAL

BEEF BAR-B-Q'S

1 1/2 lb. ground beef
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons chopped onion
1 beaten egg
1 cup milk
1 cup soft bread crumbs

Combine ingredients and mix well. Shape in thick patties, place in baking dish or thrift cooker, if you prefer. Pour over this your hot sauce. Bake in oven at 350° for about 1 hour. If using thrift cooker, start on high, switch to low. Serves 6-8.

HOT SAUCE

Cook 1/2 cup chopped onion in hot fat until golden
Add:
1 16-oz. can tomato paste
1 tablespoon sugar
1 teaspoon salt
1/8 teaspoon pepper
2 teaspoons tobasco sauce
1 tablespoon Worcestershire sauce
1 1/2 tablespoon chili powder
1/4 cup lemon juice
1 cup water

Heat to boiling. Simmer 15 minutes.

SWEET-SOUR BEETS

1 No. 2 can small whole beets
1/3 cup beet juice or water
1/3 cup vinegar
1/2 teaspoon salt
1/8 teaspoon pepper
4 teaspoons sugar

Place beets in 1 quart casserole. Mix remaining ingredients and pour over beets. Cover and bake 1/2 hour at 350°.

RAISIN BREAD PUDDING

2 cups milk
2 cups day-old bread
1/4 cup brown sugar
1/4 teaspoon salt
2 tablespoons melted margarine
1 teaspoon vanilla
2 beaten egg yolks
2 cups seedless raisins
2 egg whites
3 tablespoons sugar

Pour milk over bread cubes. Add brown sugar, salt, margarine, vanilla, egg yolks, and raisins. Spread in greased baking dish. Set in pan of hot water and bake in oven 350° 50-60 minutes. Serve with orange sauce.

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